



NATUROPATHIC PRESCRIPTION

Patient name: Jade Robinson
DOB: 20/03/1988 Mobile: 0466 000 616
Practitioner: Amy Phillips

PRESCRIPTION/DOSAGE

This prescription is valid for 6 months from date of creation. No repeats are to be dispensed after 6 months without further consultation.

Product	Morning	Midday	Night	Rationale
■ Orthoplex MagGI Restore 300g	1 x scoop in water each morning upon waking or with food but at least 1 hour away from coffee			Nutritional co-factors for stress, energy & gut health
■ Digestive Herbal Tonic 500ml	7.5-10mls diluted in water before breakfast & dinner & away from coffee/alcohol		7.5-10mls diluted in water before breakfast & dinner & away from coffee/alcohol	Liver detoxification, bile production & intestinal inflammation
■ ONLY IF NEEDED: Biomedica Femex Forte			1 x capsule before bed each night	Immune health & vaginal dysbiosis
<p>Herb/nutrient/drug interactions & contraindications are always considered prior to prescription. It is incredibly important that you notify your practitioner of any changes to your current medication to ensure the prescription is still suitable & safe for you to continue. This prescription is to be consumed by the patient listed above & not to be shared with any friends or family.</p> <p>Please also share your supplementation regime with any other health practitioners or GP's you may be consulting. If you experience any unusual side effects, stop your supplements immediately & email your practitioner (details below).</p>				

Herbal Formula: minimal/no glycefracts please

Size: 500mls

Formula: Schisandra 150, Globe artichoke 100, Gentian 30, Turmeric 150, Licorice 75.

Dose: 7.5mls diluted in water before breakfast & dinner. Start at 7.5mls increase to 10mls after 1 week if needed.

PURCHASING YOUR PRODUCTS

Herbal Tonics

If your prescription contains a herbal tonic, your prescription will be sent to Grove Health Dispensary where they will source & dispense all products (including nutraceuticals) on your prescription & post it to you (pick up is also available).

Contact:

Grove Health Dispensary Pymble

Phone: (02) 9491 8009 – leave a message if no one answers

Email: dispensary.pymble@paternerredhealth.com.au

Nutraceuticals Only

In Person Patients: If your prescription contains only Nutraceuticals, your prescription will be sent to our other third-party dispensary at Synergy Compounding Pharmacy where they will source & dispense all purchased products to you. Pick up in Crows Nest, NSW.

To confirm order/make payment please contact:

Mike at Synergy Compounding Pharmacy

Phone: (02) 9061 3944

Email: info@synergycp.com.au

PRACTITIONER SIGNATURE

Amy Phillips

BHSc (Nat)

NHAA #157158

Signature:  _____

Date: 14/05/22